

Community Life at Villa

Interactive LIVE Virtual Programs

Live and interactive presentations that connect you with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects.

Thursday, September 5th at 2:00PM in the Skyway

Topic: *The Pursuit of Liberty - The Founding of America*

Presented by: The Virginia Museum of History and Culture

Socials in the Sun Room

September 6th - Thirsty Thirty: Chips and Popcorn @ 2:15PM

September 10th - Apple Sampling @ 2:15PM

September 13th - Ice Cream Sundaes @ 2:30PM

September 27th - September Birthday Party @ 2:15PM

Entertainment and Specialty Programs

September 10th - Aegis In-Service: Balance and Fall Safety - 3:00PM in SR

September 12th - David Jones Historical Presentation: Apollo - 3:00PM in SK

September 17th - SINGO Music Bingo @ 2:00PM in SK

September 19th - Entertainment: Russell Schmidt - 2:30PM in SK

September 23rd - Food Shelf - 1:00PM in SR - Registration Required

September 25th - Financial Fraud Prevention Presentation by the City of Woodbury - 2:30PM in SK

September 26th - American Horse Rescue Network (horses, dog, and duck visits) - 1:30PM under Skyway.

September 30th - Entertainment: Tony Armstrong - 2:30PM in SK



Woodbury Villa | 7008 Lake Road, Woodbury, MN 55125 | (651) 731-5501



Age Magnificently



Our Community Newsletter

Discover what's going on in your neck of the woods.

Lets Celebrate!

We honor and celebrate the residents who have a birthday in the month of September:

12th Marlene O.
15th Anita B.
19th Jerry B.

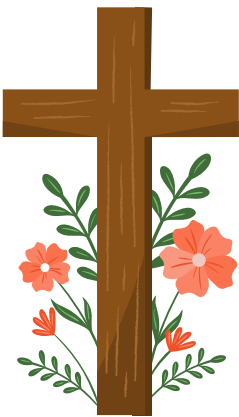
SEPTEMBER 2024

On behalf of the staff at Woodbury Villa, we would like to welcome you to our facility and thank you for trusting us with your care. We strive to create an environment that can feel like a home away from home. We are committed to providing you with the best care possible while you are with us.

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Chaplain Corner

“It is in pardoning that we are pardoned.” – St. Francis of Assisi
Nearly every major religious tradition has some understanding of forgiveness, even if they might approach it in different ways. And anyone who has lived as long as we have has probably had to offer forgiveness at some point, and to ask for forgiveness as well, right?



When you look back on your life, are there any unresolved grievances that you are carrying? How do they affect you from day to day? What would it take to find some resolution, whether pardon or forgiveness, or simply no longer giving them power over your spirit? What does it feel like when you are genuinely sorry and have been offered pardon? Is there anyone you seek pardon from? May you find strength in relationships that are tense or challenged, and may you find belonging in this community that welcomes and accepts you for who you are.

What’s Cookin’ with the Kitchen

Summertime means warmer temperatures! It also means it is important to pay close attention to your hydration. Our bodies depend on water to survive. Every cell, tissue and organ need water to work properly. For example, your body needs water to maintain its temperature, remove waste and lubricate your joints. Good hydration is important to your overall health. If you don't drink enough water your body may become dehydrated. This means you don't have enough fluid to operate properly. Your urine can be an indicator if you are dehydrated. If it is colorless and light yellow, you're well hydrated. If it is a dark yellow or amber color, this may be a sign of dehydration.

How much water should you be drinking in a day?

For adults over the age of 50 years old it is recommended that 6-8 (8oz glasses) of water each day.

Don't like water? Try one of our four flavors of enhanced water. We have Strawberry Kiwi, Coconut Pineapple, Apple Raspberry, Watermelon and Tropical Mango. As your Dietary Server what flavors, we have today!

Lifespark Complete: Health Post

Skin TLC: The Care and Feeding of the Body’s Largest Organ

Skin is just a few millimeters thick, yet it’s the largest organ of the body, covering an area of roughly 20 square feet. Its primary purpose is to protect our insides from microbes, toxins, and other environmental elements, but it also helps regulate body temperature and allows us to experience the world through nerve endings.

To do its job well, skin needs to stay hydrated, but with age, skin tends to become thinner and drier, the result of factors that can include too much time in the sun, not drinking enough fluids, the natural loss of oil and sweat glands, certain medications, smoking, and Minnesota’s notoriously dry winters and air-conditioned summers.

Fortunately, there are steps you can take to protect your skin. As recommended by the American Academy of Dermatology:

- Wash with a gentle, fragrance-free soap*, using warm (not hot) water, and keep baths and showers short.
- Apply a fragrance-free moisturizer* right after bathing and throughout the day.
- Use a humidifier when the air feels dry.
- Wear gloves while doing housework and gardening.
- Use sunscreen (SPF 30 or higher) and protective clothing on sunny and cloudy days.

*Ingredients that can help reduce dryness include glycerin, hyaluronic acid, and lanolin.

For more guidance on how to protect your skin, talk with your Lifespark COMPLETE primary care provider. To learn, contact Lifespark at 952-873-7386 or LSCreferrals@lifespark.com or visit complete.lifespark.com.

Note from Housing

Hello Villa Residents!

As Fall approaches, we would like all of you to make sure that you are doing your best to clear out clutter and clean out areas in your apartments that may have old cardboard boxes and clutter laying around. Cardboard and papers are warm areas for rodents and pesky critters! All of us can do a part to mitigate this problem. Please let staff know if you need help throwing cardboard boxes away. A gentle reminder to please keep any soiled laundry in your apartments until your wash day! It is never okay to put in the hallways. Thank you for all your help with these housekeeping matters !

Upcoming Outings and Dine-Ins

To sign up for an outing or dine-in, please call Sam (651-731-5509), stop by the Community Life office for a visit, or leave a note at the office in the game room.

September 6th - Dollar Tree. Bus loads at 9:00AM. Sign up starts August 30th.

September 13th - HOPE Breakfast Bar. Bus loads at 10:30AM. Sign up is open.

September 18th - Fishing Trip and Picnic. Bus loads at 10:30AM. Meal will be provided. Sign up starts September 1st.

September 24th - Como Zoo. Bus loads at 9:00AM. Meal will be provided. Sign up starts September 9th.

September 27th - Cub Foods. Bus loads at 9:00AM. Sign up starts September 20th.

Spark Challenges

Grip Games are coming to an end.

Final competition week is the first week in September, with the final four and championship games being held during the second week of September.

Join us in the Skyway to participate or watch!

Competitions: Tuesday at 1:00PM

Practices: Thursday at 1:00PM

Weekly Recaps: Friday at 1:00PM



Social Work Note

Needing Medical Assistance? Elderly Waiver (EW) EW is for people age 65 or older who would require care in a nursing home without the help of this program. People with income of \$2,829 per month or less may qualify and pay a monthly waiver payment. People with income more than \$2,829 may qualify if they spend down income by paying medical bills. See Amy if you have questions or need assistance.

The Villa is hosting a Flu and Covid vaccine clinic on Friday, September 20. Please see Amy to register and bring your insurance cards.

We'd like to start a donation closet at the Villa. If you have any gently used clothing or linen items you are thinking of getting rid of, please let Amy know.

Sudoku

5	4	2	6			9	7	3
				4			8	
	1	3	9					
						5		
	3		2	1	4		9	
		4						
					9	1	6	
	5			7				
1	7	9			2	4	3	5

Sudoku is played on a grid of 9x9 spaces. Within the rows and columns are 9 "squares" (made up of 3x3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row , column or square.

GOOD LUCK!

